

# Life After Fifty – 2021 November Schedule

**ZOOM & West Side Programs (WSC) West Side Centre, 635 McEwan Ave.**

Day/Location	Program	Time	Dates	Fee	Capacity
<b>MONDAYS</b>					
WSC	Billiards	9:00-11:30	Nov. 1-29	\$10/5 weeks	4
WSC	Billiards	12:00-2:30	Nov. 1-29	\$10/5 weeks	4
WSC	Computer Lab	9:00-11:00	Nov. 1-29	\$10/5 weeks	3
WSC	Computer Lab	1:00 – 3:00	Nov. 1-29	\$10/5 weeks	3
WSC	LAF Fitness*	9:30-10:30	Nov. 1-29	\$20/5 weeks	15
WSC	Yoga – Chair/Floor	11:00-12:00	Nov. 1-29	\$20/5 weeks	15
WSC	Shuffleboard	1:00-3:30	Nov. 1-29	\$10/5 weeks	12
<b>TUESDAYS</b>					
WSC	Billiards	9:00-11:30	Nov. 2-30	\$10/5 weeks	4
WSC	Billiards	12:00-2:30	Nov. 2-30	\$10/5 weeks	4
WSC	Computer Lab	9:00-11:00	Nov. 2-30	\$10/5 weeks	3
WSC	Computer Lab	1:00 – 3:00	Nov. 2-30	\$10/5 weeks	3
WSC	Tai Chi	1:00-2:30	Nov. 2-30	\$10/5 weeks	15
WSC	Mahjong	1:00 – 3:00	Nov. 2-30	\$10/5 weeks	8
WSC	Craft Workshop	1:00-3:00	Nov. 9 & Nov. 23	\$10 each	10
<b>WEDNESDAYS</b>					
WSC	Coffee Social	9:00-10:30	Nov. 3- Dec. 1	\$10/5 weeks	16
WSC	Billiards	9:00-11:30	Nov. 3- Dec. 1	\$10/5 weeks	4
WSC	Billiards	12:00-2:30	Nov. 3- Dec. 1	\$10/5 weeks	4
WSC	Computer Lab	9:00-11:00	Nov. 3- Dec. 1	\$10/5 weeks	3
WSC	Computer Lab	1:00 – 3:00	Nov. 3- Dec. 1	\$10/5 weeks	3
WSC	LAF Fitness*	11:00-12:00	Nov. 3- Dec. 1	\$20/5 weeks	15
WSC	Line Dancing Beginner	1:00-2:00	Nov. 3- Dec. 1	\$10/5 weeks	18
WSC	Line Dancing Advance	2:15-3:15	Nov. 3- Dec. 1	\$10/5 weeks	18
<b>THURSDAYS</b> <b>CLOSED for Remembrance Day on Thursday, November 11. All programs are CANCELLED.</b>					
WSC	Billiards	9:00-11:30	Nov. 4, 18 -Dec. 2	\$8/4 weeks	4
WSC	Billiards	12:00-2:30	Nov. 4, 18 -Dec. 2	\$8/4 weeks	4
WSC	Computer Lab	9:00-11:00	Nov. 4, 18 -Dec. 2	\$8/4 weeks	3
WSC	Computer Lab	1:00 – 3:00	Nov. 4, 18 -Dec. 2	\$8/4 weeks	3
WSC	Cribbage	9:00-11:30	Nov. 4, 18 -Dec. 2	\$8/4 weeks	8
WSC	Lapidary/Metalsmithing	9:00-12:00	Nov. 4, 18 -Dec. 2	\$8/4 weeks	5
WSC	Lapidary/Metalsmithing	12:30-3:30	Nov. 4, 18 -Dec. 2	\$8/4 weeks	5
WSC, <b>ZOOM</b>	StrongerU Fitness	10:00-10:30	Nov. 4, 18 -Dec. 16	\$8/6 weeks***	15
WSC	Digital Workshop	11:00-12:30	November 4	\$2/1 week	16
WSC	Euchre	1:00-3:30	Nov. 4- Dec. 2	\$8/4 weeks + \$2	24
<b>ZOOM</b>	Yoga – Chair	1:00-2:00	Nov. 4, 18 -Dec. 2	***	50
<b>FRIDAYS</b> West Side location closed on Fridays. Virtual Programs only.					
<b>ZOOM</b>	Zumba Gold	1:00-1:30	Nov. 5 – Dec. 3	***	50

Updated: 10/19/21



## **ZOOM & East Side Programs (ESC) East Side Centre, 8787 McHugh St.**

Day/Location	Program	Time	Dates	Fee	Capacity
<b>MONDAYS</b>					
ESC	Beg. Tai Chi	10:00-11:00	Nov. 1 - Nov. 29	\$10/5 weeks	14
ESC	Computer Lab a.m.	9:30-11:30	Nov. 1 – Nov. 29	\$10/5 weeks	1
ESC	Computer Lab p.m.	1:30-3:30	Nov. 1 – Nov. 29	\$10/5 weeks	1
ESC	Pepper	12:30-3:30	Nov. 1 – Nov. 29	\$10/5 weeks +\$1	16
ESC	Watercolour Painting Club	12:30 -3:30	Nov. 1 – Nov. 29	\$10/5 weeks	8
ESC, <b>ZOOM</b>	LAF Fitness	1:30 - 2:30	Nov. 1 – Nov. 29	\$20/5 weeks***	21
<b>TUESDAYS</b>					
ESC	Mile at a Time	9:00 – 10:00	Nov. 2 – Nov. 30	\$10/5 weeks	7
ESC	Crafts	9:30 – 3:30	Nov. 2 – Nov. 30	\$10/5 weeks	10
ESC	Computer Lab a.m.	9:30 – 11:30	Nov. 2 – Nov. 30	\$10/5 weeks	1
ESC	Computer Lab p.m.	1:30-3:30	Nov. 2 – Nov. 30	\$10/5 weeks	1
ESC	Zumba Gold	11:15-11:45	Nov. 9 – Nov. 30	\$16/4 weeks	6
ESC	Essentrics (Classical Stretch)	1:00-2:00	Nov. 2 – Nov. 30	\$20/5 weeks	12
<b>WEDNESDAYS</b>					
ESC	Mile at a Time	9:00 – 10:00	Nov. 3- Dec. 1	\$10/5 weeks	7
ESC	Cribbage	10-12:00	Nov. 3- Dec. 1	\$10/5 weeks	8
ESC	Computer Basics 1 on 1**	1:00 – 2:00	Nov. 3, 10, 17, 24, Dec. 1	\$2 per class	Call to book
ESC	Advanced Tai Chi	11:15 - 12:30	Nov. 3- Dec. 1	\$10/5 weeks	6
ESC	Mahjong	1:00 – 3:30	Nov. 3- Dec. 1	\$10/5 weeks	8
ESC, <b>ZOOM</b>	LAF Fitness	1:30 - 2:30	Nov. 3- Dec. 1	\$20/5 weeks***	21
<b>THURSDAYS</b> Both locations CLOSED for Remembrance Day on November 11. ALL classes CANCELLED.					
ESC	Mile at a Time	9:00 – 10:00	Nov. 4, 18 -Dec. 2	\$8/4 weeks	7
ESC	Crafts	9:30 - 3:30	Nov. 4, 18 -Dec. 2	\$8/4 weeks	10
ESC	Computer Basics 1 on 1 **	10:00-10:45 11:00 -11:45	Nov. 4, 18, 25, Dec. 2	\$2 per class	Call to book
ESC	Scrabble	1:00-3:00	Nov. 4, 18 -Dec. 2	\$8/4 weeks	8
ESC	Floor Yoga	1:30 - 2:30	Nov. 4, 18 -Dec. 2	\$16/4 weeks	10
<b>ZOOM</b>	Yoga – Chair	1:00-2:00	Nov. 4, 18 -Dec. 2	***	50
<b>FRIDAYS</b> East Side location closed on Fridays. Virtual programs only.					
<b>ZOOM</b>	Zumba Gold	1:00-1:30	Nov. 5 – Dec. 3	***	n/a

\*At this time, enrollment in LAF Fitness is limited to one class/week for the monthly session.

\*\*Please note a MAXIMUM of TWO appointments of Computer Basics 1 on 1 can be booked per month per participant.

\*\*\***Zoom**- At-home via Zoom live programming. *Please call to register for our monthly \$10 “Zoom memberships”*

- **Pre-registration required for all programs. Begins October 25, 2021 @ 9:00am**
- To register go to: [myactivecenter.com](http://myactivecenter.com) or call 519-254-1108
- **All programs, rules, hours are subject to change without notice.**
- **SCWW- Telephone Programs** - See separate SCWW Schedule for details

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# Life After Fifty - Program Descriptions November 2021

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WSC = West Side Centre, 635 McEwan Ave. ESC = East Side Centre, 8787 McHugh Ave.

**ZOOM = Pre-registration for monthly ZOOM membership is required**

➤ *Pre-registration is required for all programs, see schedule for details.*

➤ *Refillable water bottle with lid is encouraged to bring from home.*

*\*Masks are mandatory at all times.*

*\*\*Masks can be removed only in your designated area.*

**\*Billiards:** Members can enjoy playing Snooker with a partner. Participants are encouraged to bring their own pool cue. Experienced players only. (WSC)

**\*\*Coffee Social:** Come for a morning coffee (or tea or water) and enjoy the conversations of some friends - old and new! Coffee and a snack are included in the cost. (WSC)

**\*Computer Lab:** Book a time to use the Centre's desktop computers with internet access. (ESC, WSC)

**\*Computer One on One:** Make an appointment for a computer volunteer to assist you with questions. Social distance measures will apply. (ESC – by appointment only)

**NEW**

**\*Craft Workshop: Painting ceramic ornaments (Nov. 9):** Pre-registration is required by Nov. 5. Cost: \$10, includes supplies and program fees. (WSC)

**Creating Holiday Woodblocks (Nov. 23):** Pre-registration is required by Nov. 19. Cost: \$10, includes supplies and program fees. (WSC)

**\*Creative Crafts:** Come work on your own craft projects or create new ones in a great social atmosphere. Participants must wear a mask at all times. Crafters are encouraged to bring their own materials from home. (ESC)

**NEW**

**\*Cribbage:** This is a card game traditionally for two players, but commonly played with three or more. It involves playing and grouping cards in combinations which gains points. (ESC, WSC)

**NEW**

**\*Digital Workshop:** Join this educational workshop as we learn how to Zoom, use a QR code and download apps! Bring your own device (ipad/tablet/smart phone) or use a Centre provided tablet. (WSC)

**\*\*Essentrics (Classical Stretch):** This is a unique & dynamic program that fuses strength & flexibility exercises, all in one workout! Ability to get down on the floor is required. Participants are encouraged to bring own exercise mat. (ESC)

**\*Euchre:** Join us for this very enjoyable and popular card game. This program is offered for people who are familiar with game rules. Additional fee received the day of. (WSC)

**\*Lapidary/Silver Metalsmithing – WSC only**

Create jewellery out of semi-precious stone and/or silver and other metals. We have the equipment & tools; supplies need to be brought in or purchased. **Must be experienced.**

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**\*\*LAF Fitness:** This class is a total body workout for *any fitness level* through cardio, strength & balance training. It can be modified to *fit all intensities* and be done seated or standing. Weights and resistance bands are incorporated. Participants are encouraged to bring their own set of weights or bands. (ESC, WSC, ZOOM)

**\*\*Line Dancing:** Join in a fun & fit way to learn some of the most popular line dances. Each individual will have a designated area to dance. Beginner and Advance classes. (WSC only)

**\*Mahjong:** An ancient Chinese tile game that is of both strategic skill and luck. Experienced players only. (ESC, WSC)

**\*\*Mile at a Time:** Work towards your 10,000 steps a day with this video-led walking program. Walk from 1-5 miles while working out your body from head to toe. (ESC)

**\*Pepper:** If you like Euchre, you'll love Pepper! This is an easy game to learn and offers opportunities for strategy, both in the bidding and the playing portion of the game. Additional fee received the day of. (ESC)

**\*ShuffleBoard:** Looking for something to improve your hand –eye coordination? Try Shuffleboard! This activity mixes fun, the use of strategies and sportsmanship all into one program. Ideal for any activity level. (WSC)

**\*\*StrongerU – Circuit:** Performed seated or standing, this program engages the heart, lungs, and brain, through movement combinations set to music. This program is in collaboration with the StrongerU Senior Fitness Student Sponsorship Program. (WSC, ZOOM)

**\*\*Tai Chi:** Come practice an ancient form of Chinese exercise that helps with health, balance, breathing and concentration. This instructor led program is available at both beginner and advanced levels. (ESC, WSC)

**\*Water Colour Painting:** This self-led program allows you to express your imagination by painting with watercolours in the company of others. Please bring your own supplies. (ESC)

## **\*\*Yoga**

**Yoga Floor** - This is a great class for those comfortable with getting up and down off the floor. If you suffer from decreased flexibility or just enjoy stretching, this is a perfect class for you. Participants are encouraged to bring their own yoga mat and blocks. (ESC)

**Yoga Chair** – Learn proper breathing and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done seated. Participants who choose to do movements on the floor are encouraged to bring their own yoga mat. (WSC, ZOOM)

## **\*Zumba Gold**

This class combines strength and resistance training with innovative dance moves, using a chair as your dance partner. Join us for a high-intensity workout that focuses on defining your muscles and improving overall cardiovascular health. (ESC, ZOOM)